

[DOCUMENT NAME]

ABSTRACT

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**[Problem]** There has been a problem that there is long waiting time until reproduction of a video file and an audio file on a reproducing apparatus can be started.

**[Means for Solution]** A recording and reproducing system has means including a CD-RW medium 15 of holding a data file of storing predetermined data and parameter information used for reproducing the predetermined data, a file recording means 14 of recording the parameter information in a contents list information file 16 of storing the parameter information held in the CD-RW medium 15, an information extracting means 32 and a contents list information file creating means 34 and means including a file reproducing means 23 of reproducing the predetermined data stored in the data file by using the parameter information which is recorded.

**[SELECTED DRAWING]** FIG.1